



## Chill It *Safe*

- Cut large hams into smaller portions
- Store leftovers in shallow containers
- Promptly refrigerate to 45°F or below
- Keep sandwich meat, salads, and sliced meats in refrigerator

## *A word about* Canned Hams

### ***Shelf Stable Hams***

You may store these on the shelf for two years at room temperature. High temperatures - above 122°F can cause swelling or souring of the product. Do not taste the ham and throw it away immediately.

### ***Refrigerated Canned Hams***

You may store these hams in the refrigerator up to 6-9 months. Use before 9 months or harmful bacteria may begin to grow.



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## A GUIDE TO **HAM** *Preparation*

Ham is a delicious and nutritious meat that is part of our holiday traditions as well as our everyday meals. Ham comes from one of the leanest pork cuts.

These guidelines are provided to help you prepare your meals safely and reduce risk of contamination that may cause foodborne illness.

## Prepare It *Safe*

You can never wash your hands too many times. Washing hands prevents bacteria from transferring (cross-contamination) from your hands to the ham. Be sure that cutting boards and preparation surfaces have been cleaned with warm soapy water and rinsed with clean water.

## Serve It *Safe*

After cooking to the required internal temperature, you may not be ready to serve immediately. If ham is left on the counter, bacteria can grow that could cause a foodborne illness. Follow these tips:

Ham must be served hot - 130°F or above, or

Ham must be served cold - 45°F or below

# Store It Safe

After purchase, store ham as follows:

Types of Ham	Description	Hot Storage	Refrigerated Storage
Fresh	Raw - uncooked	See cooking guidelines below	45° or below
Smoked Ham	Fully Cooked	Cooked sufficiently so it may be served without cooking or heated to serve hot at 130°F	45° or below
Smoked Ham	Partially cooked	Cook to 155°F	45° or below, before and after heating
Country Ham	Not fully cooked but dry cured to be safe. May be stored at room temperature	Cook to 155°F	May be stored without refrigeration until ham is cut

# Cook It Safe

Cut	Weight/lbs	Minutes/lb	Required Temp
<b>Smoked Ham, cook before eating</b>			
Whole Bone in	10 to 14	18 to 20	155°
Shoulder Roll (butt) boneless	2 to 4	35 to 40	155°
Shank or Butt portion, bone-in	3 to 4	35 to 40	155°
<b>Smoked Ham, fully cooked</b> <i>Below is a guideline if you wish to serve your ham hot</i>			
Whole Bone in	10 to 14	15 to 18	No temp required for fully cooked hams
Canned Ham Boneless	3 to 10	15 to 20	
Spiral Cut, whole or half	7 to 9	14 to 18	
<b>Fresh Ham, uncooked</b>			
Whole leg, bone in	12 to 16	22 to 26	155°
Whole leg, boneless	10 to 14	24 to 28	155°
<b>Country Ham</b>			
	10 to 16 <i>whole</i> 5 to 8 <i>half</i>	20 to 25	
<b>Microwaving Ham</b>			
Fully Cooked, bone in	5 to 7	10 to 12	No temp required for fully cooked hams
Cook before eating or fresh ham	5 to 7	12 to 15	

Food Safety and Inspection Service, USDA

Use a meat thermometer to check for safety and doneness. Ham must reach an internal temperature of 155°F. Take the temperature of the ham where the meat is the thickest. Bacteria that may cause foodborne illness are destroyed at 155°F.